

"Becoming an Outdoors-Woman" 2016

"*Becoming an Outdoors-Woman*" is a workshop focused on the learning of outdoor skills. Designed primarily for women, it is an opportunity for anyone 18 years or older, and is for you if you.....

- have never tried these activities, but have hoped for an opportunity to learn.
- are a beginner who hopes to improve your skills.
- know how to do some of these activities, but would like to try your hand at some new ones.
- are seeking the camaraderie of like-minded individuals.

Registration and general information are listed on the enclosed registration form. If the form is missing or you would like more information, contact Letha Grimes at 301-898-9724 or by email, letha.grimes@maryland.gov or visit our web site at dnr.maryland.gov/wildlife/Pages/Education/bow.aspx

Western Maryland 4-H Center
Garrett County
Swanton, MD

***NOTE: I = Indoor Activity, O = Outdoor Activity,
I/O = part indoor, part outdoor activity.**

Workshop Schedule

Friday October 21, 2016

10:00a.m. – 11:30a.m.	Check in and Registration
11:30a.m. – 12:00p.m.	Welcome and Overview
12:00p.m. – 1:00p.m.	Lunch
1:30p.m. – 5:00p.m.	Session I

SESSION I

A. Hunter Education Certification (20) – I/O

Get your hunter safety certification! You will participate in an interactive lecture covering hunter ethics, basic firearm safety and handling, and tree stand safety. You must pass the written exam as well as the field exercises which will include firearms handling and live firing. Upon successful completion you will be issued a Certificate of Competency in Firearms and Hunter Safety which allows you to purchase a hunting license. Upon successful completion participants may participate in shooting courses. This class will be 4 hrs long and will end at 5:30pm. **Participants will need complete the online hunter safety course and bring the voucher to the workshop.**

B. Basic Firearms Safety and Handling (unlimited) - I

This course will cover basics of firearms safety, types of firearms and ammunition, and an introduction to selecting and purchasing firearms. Cleaning and safe storage will also be covered. **This course is a prerequisite for anyone who has not had a state-approved hunter education course and who wishes to register for a shooting course.**

C. Beekeeping for Beginners (15) - I

This class will cover beginning backyard beekeeping. Participants will learn about basic honey bee biology; seasonal beekeeping activities; pest, problems and diseases; and, of course, harvesting honey. This course will provide you with in depth information on the equipment needed to get started, how to use it and what to look for inside the hive. Be sure to stick around for honey tasting! **NO LIVE BEES WILL BE IN ATTENDANCE!**

D. Kayaking (8) - O

This course will focus on the basic techniques and equipment needed to begin kayaking. Participants will be able to kayak on the lake and practice strokes they have learned.

E. Basic Tree Care (12) - O

Learn how to properly plant and prune your trees for the health and successful growth of your trees for years to come. Topics included in the workshop are basic biology, how to select, plant and care for young trees, proper pruning techniques and maintenance of older trees. Participants will have hands-on experience planting a tree and using hand tools to conduct proper pruning.

F. Fly Tying (5) - I

This class will teach participants the basics in the art of fly tying. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to try their hand at tying several of their own flies.

G. Hiking (12) -O

Join this class for a discussion on the elements of preparation for a hike. The instructor will provide tips on getting the most out of your hikes. Length of walk is variable depending on time and trail availability. A portion of this class will be spent hiking camp trails. Proper footwear is recommended.

H. Outdoor Survival Skills (12) - O

Participants will learn the knowledge, skill and attitude that surviving an outdoor emergency requires. This course will deal with the mental things you need to know about survival as well as the physical aspects: food, water, shelter and fire building.

I. Preserving the Harvest (12) – I/O

Ever wondered how to preserve fresh fruits and veggies? This class will cover the basics of home canning and preserving. Participants will have the opportunity to can some seasonal produce while learning about basic canning techniques including the use of different types of canners. **NEW** this year – Home fermentation is a simple method of food preservation, and learning some basic tricks will ensure that your ferments turn out delicious every time!

5:00 p.m. – 6:00 p.m.	Free Time
6:00 p.m. – 7:00 p.m.	Dinner
7:00 p.m. – 7:30 p.m.	Social Time
7:30 p.m. – 9:00 p.m.	Evening program

Saturday October 22, 2016

7:00 a.m. – 7:45 a.m.	Breakfast
8:00 a.m. – 11:30 a.m.	Session II

SESSION II

J. Plant ID (12) – I/O

This course will introduce the fundamentals of plant ID skills, including habitat requirements, basic plant part ID, and medicinal uses. Participants will be taken on a nature walk to see local plants and learn about their medicinal edible uses. After the hike you can relax with a cup of herbal tea made from local plants. Proper footwear is recommended.

K. Gearing Up for Hunting (10) - O

This course will introduce you to the basics of small game, white-tailed deer, and waterfowl hunting. Participants will learn about the different techniques and gear needed for each type of hunting opportunity and how to best prepare for your outdoor hunting adventure!

L. Outdoor Photography I (12) – I/O

Want to learn how to take better photos? This course will cover action, wildlife, landscape, and close-up photography techniques. Bring your own digital camera; please no disposable cameras. Students should be familiar with their camera and are welcome to bring photographs for the instructor to critique.

M. Tracks ‘n Trails (7) – I/O

Have you ever wondered what or who left that track? This course will teach you how to identify common wildlife by their tracks. You will also learn about their general habits and habitats. Bring a camera, notebook and dress for being outside. We have to go where the tracks are!

N. Basic Fishing (15) - O

This class will introduce participants to basic fishing skills and the types of equipment available, including rods and reels. Students will learn how to rig a fishing rod and tie basic fishing knots. Casting practice and fishing tips will be the focus for the instructional period of the course some actual time spent fishing. **Participants will need to purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it with you when fishing.**

O. Bird Watching (12) – I/O

Learn how to identify common birds in a variety of habitats. Want to know how to select/use binoculars and other equipment? You'll get hands on experience in the field in this very popular course.

P. Shotgun Skills (12) - O

Participants will be taught proper stance and gun mount, and practice basic shooting techniques on clay targets, with an emphasis on safety and the use of shotgun for marksmanship and hunting. Firearms and ammunition will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

Q. Introduction to Fly Fishing (10) -O

Participants will be taught basic fly fishing terminology and will receive fly casting instruction. You will learn about fish habitat, regulations, and ethics pertaining to fly fishing, as well as how to select and purchase equipment. You will be shown how to attach leaders and flies to lines using a variety of knots, learn to distinguish between wet and dry flies and practice your casting techniques on land.

R. Trailering & Basic Maintenance (10) – I/O

Learn to drive a trailer attached to your vehicle; learn proper backing up procedures & how to properly maneuver a trailer into a parking spot, boat launch, etc. Also, learn the basics of trailer maintenance.

S. Muzzleloader Skills (10) - O

Muzzleloaders were the first firearms technology and remain a popular weapon among traditional hunters and shooting enthusiasts. This course will introduce participants to many generations of muzzleloader technology from the traditional flintlock to the modern day in-line rifles. An emphasis will be put on the safety, loading, shooting and cleaning of these various models of muzzleloaders. This will truly be a flash and bang opportunity that you won't want to miss. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

12:00 p.m. – 1:00 p.m.

Lunch

1:30 p.m. – 5:00 p.m.

Session III

SESSION III

T. Crossbow (10) - O

Course will teach crossbow safety, nomenclature, equipment selection, tree stand safety, shooting skills and handling. Proper apparel and crossbow hunting basics will be demonstrated. Students will also have the opportunity to handle equipment, and shoot arrows at targets.

U. Let's go Fishing (8) - O

Participation in Basic Fishing is a prerequisite for this course. This course will allow participants to fish on their own for approximately 1 ½ hours. This class is not for beginners, participants must have completed the BOW Basic Fishing class. Once fishing is over, you will return to the camp with your "catch" and will learn how to handle, clean, preserve and cook your fish. Several different cooking methods will be demonstrated and several different species of fish will be available for tasting.

Participants will need to purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it in your possession while fishing.

V. Twig Detective (10) – I/O

Learn how to identify trees using field guides and keys in this fun and engaging course. The instructor will also cover basic tree physiology and growth.

W. Rifle Skills (12) - O

Participants will be introduced to basic rifle handling, safety, nomenclature and marksmanship. Students will participate in a live-firing exercise emphasizing skills and etiquette. .22 caliber rifles, ammunition, and safety equipment will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

X. Gardening for Pollinators (14) –I/O

Pollinators around the world and in Maryland are on the decline. Learn how to create pollinator-friendly habitat in almost any backyard. This workshop will focus on plants and habitat practices that help attract pollinators as well as ways to identify common pollinators. Participants also will get to build their own mason bee house to attract these tiny but important pollinators.

Y. -Appalachian Plants: Palatable or Prohibited? (10) – I/O

This workshop will focus on proper identification and sustainable harvesting of edible Appalachian plants. We will learn about rare, threatened, and endangered look-alike plants of common edibles and conservation concerns of edible wild plant harvesting

Z. Canoeing and Water Safety (14) - O

Participants will be introduced to canoe basics, including paddling, etiquette and safety. They will learn how to get into and out of a canoe safely, what to do if the canoe tips over, and how to manage a swamped canoe. Bow and stern paddling experiences will be part of the practice time on the water.

AA. Outdoor Cooking (12) - O

Participants will learn basic outdoor cooking techniques including using a Dutch oven. Sample delicious creations and get inspired about how good things can taste in the outdoors. Recipes will be provided in this popular course.

BB. Let's Talk Turkey (12) – I/O

This course is a fascinating introduction to the world of the wild turkey, which has an interesting history in Maryland. Participants will uncover a few of the secrets of how turkeys manage to outsmart humans so often! Basic turkey hunting techniques, including calling, scouting, equipment needs and safety will be covered.

CC. Map & Compass (12) - O

As a beginner level course, participants will learn how to read topographic maps, use a base-plate compass and to combine the two to find their way in a natural area. Course will include an introductory course in orienteering.

5:00 p.m. – 6:00 p.m.

Free Time

6:00 p.m. – 7:00 p.m.

Dinner

7:00 p.m. – 7:30 p.m.

Social Time

7:30 p.m. – 9:00 p.m.

Evening program

Sunday October 23, 2016

7:00 a.m. – 7:45 a.m.

Breakfast

8:00 a.m. – 11:30 a.m.

Session IV

SESSION IV

DD. Journaling (10) – I/O

You won't know how powerful journal writing can be until you try. Beginner and veterans alike can bring new depths of personal understanding and self-acceptance to their journals. What a wonderful way to begin your journey, by experiencing your BOW weekend through the pages of a journal.

EE. "Reading the Woods" (15) - O

Learn tracking skills, how to interpret signs left by wildlife in this hands on informative class. You will also learn to recognize essential components of wildlife habitats. Participants will observe and practice track identification, as well as plant identification on a hike around camp.

FF. Camping Skills (12) - O

Everything you have ever wanted to learn about camping and more. Participants will learn about the latest camping equipment and how to use it. Course will cover camp set up and equipment operation including tents and stoves and the "Leave No Trace" camping ethic.

GG. Archery and Basic Bow Hunting Skills (10) - O

Course will teach bow safety, nomenclature, equipment selection, tree stand safety, shooting skills and handling. Proper apparel and bow hunting basics will be demonstrated. Students will also have the opportunity to handle equipment, try various bows and shoot arrows at targets.

HH. Geocaching (12) - O

This fun high tech adventure will teach participants the basics of using a handheld GPS unit while in search of hidden clues. Working in small teams you will learn how to mark waypoints, find your way to and from your destination all while in search of hidden treasures.

II. Chainsaw Use (10) – O

Never used a chainsaw before but always wanted to try? Well here's your chance for some hands-on experience. Topics covered include personal protective equipment, chainsaw safety and maintenance, chainsaw reactive forces, pre-planning the fell, safe felling techniques, and chainsaw operation field experience. All equipment provided.

JJ. Backpacking (13) - O

This course will prepare participants for an extended trek into the woods or wilderness. Learn about selecting, packing and wearing a backpack, choosing a campsite, selecting food, gear and clothing, staying safe, and the "Leave No Trace" principles of wilderness travel.

KK. Handgun Skills (12) - O

Participants will be introduced to basic handgun handling, safety, nomenclature and marksmanship. Students will participate in a live-firing exercise emphasizing skills and etiquette. Handguns, ammunition, and safety equipment will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

LL. Basket Weaving (10) - I

Check out our class and learn to weave baskets from honeysuckle and how to make and use natural dyes. This informative class will leave the participant with a greater appreciation of Appalachia and the traditions that keep it strong.

MM. Growing Vegetables for Beginners (8) - O

This hands on workshop will show you how and when to plant, how to care for your garden during the growing season and how to harvest your fresh produce.

12:00 p.m. – 1:30 p.m. Lunch and closing remarks



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